



THE BUGLE

FORNHAM ST MARTIN & FORNHAM ST GENEVIEVE VILLAGE MAGAZINE

FEBRUARY - MARCH 2025

ISSUE NO. 139

Fornham St Martin cum St Genevieve

Parish Councillors

John Borrett (Chair)	01284 747140
Michael Collier (Vice Chair)	01284 704851
Paul Butler	01284 760119
Penelope Borrett	01284 747140
John Rushman	01284 701511
Clive Last	07771 957755
<i>Vacancy</i>	

Parish Clerk

Vicky Bright, CiLCA	07712 232920 fsmsgpc@gmail.com
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Other Representatives

Rebecca Hopfensperger (District & County Councillor)	07876 683516
Sarah Broughton (District Councillor)	07929 305787
Peter Prinsley (Labour MP)	peter.prinsley.mp@parliament.uk

Meetings

The Parish Council meets at 7:30pm in the Village Hall, on the second Monday of each month, except August & December. Please check the village notice boards for any date changes.

Website

www.fornhamstmartin.onesuffolk.net

The deadline for articles for The Bugle April - May 2025 issue, will be 20th March 2025.

Dates For Parish Council and Related Meetings 2025

Monday 13th February at 7:30pm

All meetings will be held at 7:30pm in the Village Hall unless otherwise advised on the meeting agenda which will be posted on the village notice boards at least three full clear days before each meeting (*excluding Sundays and Bank Holidays*)

Agendas can also be found on the Parish Council website:
www.fornhamstmartin.onesuffolk.net

Why not come along to our next meeting?

Got something to share or a question to ask? There is always time allocated for questions from members of the public.

Or just come to listen and see what goes on behind the scenes in your village.

email the clerk for more information: fsmgpc@gmail.com

Any parishioners wishing to raise an issue should contact the Parish Clerk & RFO

Vicky Bright, CiLCA 07712 232920
fsmgpc@gmail.com

Office hours:

9:30am to 2:30pm, Monday, Thursday & Friday & Monday evenings 6-7pm.
Please be aware that the Clerk does not work on Tuesday or Wednesday!

Parish Office: 3 Scott Avenue, Mildenhall, Suffolk IP28 7LT (by appointment only)

Parish Councillor Vacancy

The Parish Council are looking for 1 new Councillor for the Fornham St Martin Ward.

Our Parish Councillors:

- Are available for PC meetings, held monthly (with the exception of August & December) after 7:30pm in the evenings. Usually, the 2nd Monday of the month.
- Attend the odd training sessions.
- Attend occasional consultation events and informative local authority meetings.
- Undertake any actions they volunteer for and are delegated to them from meetings.
- Receive and respond to PC emails in between meetings.
- May help with the village activities or village litter pick etc.

You need to:

- Care about getting the best for your community.
- Have a willingness to represent your electorate.
- Want to make a difference.
- Adhere to the Code of Conduct.
- Register your interests.
- Have the time.
- Be committed and enthusiastic.

You must:

- Be a British Citizen of the Commonwealth or the European Union;
- Be 18 years of age or over
- During the previous 12-month period resided in the council area; or
- Have during the whole of the 12 months previous occupied as owner or tenant any land or other premises in the council area; or
- Have during that same period had your principal or only place of work in the council area; or
- You can also satisfy the criteria to be elected if you have lived in the council area or within 3 miles of it for the whole of the 12 months previous

WHERE TO FIND MORE INFORMATION:

If you are interested in the vacancy for a Parish Councillor, or would like more information, please contact the Clerk by email at fsmgpc@gmail.com or telephone 07712 232920.

**Do you want to make a positive difference
in your village?**

**Would you like to influence decisions
that affect your community?**

**Do you have innovative ideas, knowledge or
skills that could benefit your community?**

YOUR VILLAGE NEEDS YOU!!

to apply or for more info, email fsmgpc@gmail.com

Fornham St Martin cum St Genevieve Parish Council

Minutes of the Meeting of Fornham St Martin cum St Genevieve Parish Council held on Monday 11th November 2024 at 7.30pm, in the Village Hall

Councillors present: Cllr. J. Borrett – Chair (JBo), Cllr. M Collier - Vice Chair (MC), Cllr. P. Borrett (PBo), Cllr. P. Butler (PBu), Cllr. J. Rushman (JR) & Cllr. C. Last (CL).

Also present: Vicky Bright, Clerk PC. Cllr. Sarah Broughton – WSC. David Yates – PCC.

ITEM

PUBLIC FORUM:

3 members of the public were in attendance.

- David Yates raised a complaint from the Ladies Club; they are upset that the new Bugle Compiler has been editing their articles before they go to print, they believe the articles have been edited dramatically until they are unrecognisable. They have advised that if it happens again, they will reconsider submitting articles in future editions. The Clerk and Chair reiterated that the Bugle Compiler is just that and should not be editing submissions, other than spelling/grammar errors. The Clerk was asked to contact the Ladies Club directly and apologise, and suggest that they cc. the Clerk/Chair on future articles submitted. The Chair is to speak with Justin regarding editing submissions.
- Residents in attendance raised concerns over the tennis courts/pickleball courts at the Hotel application on the agenda; noise, no bearing on the location being a 'sound vault', loss of rural amenity.
- Residents in attendance raised concerns over the pods at the Hotel application on the agenda; lack of clarity/what's the difference between the superseded Type A version and the new Pod A 3rd version? Drainage and no proper Impact Assessment, pods being raised up and causing noise levels to increase, no lighting plan (loss of dark space for wildlife), the 10th fairway sign has been removed from the golf course with no confirmation of where the 10th fairway is to be located when the pods are built.
- Residents in attendance raised concerns over several believed breach of planning by the hotel; the tarmac is being laid for the 15 car park spaces (retrospective?), current lodges are breaking conditions with overnight parking, new brick signage on the main road (FSG) has planning for these been granted? Drainage is being put in at 10th fairway, with digging being very near to the oil line.

24/11/1

Chairman's Welcome & Acceptance of Apologies for Absence (LGA 1972, Section 85(1) & (2)):

Apologies: None.

24/11/2

Declaration of Members' Interest (for items on the agenda) – LGA 2000 Part III:

None.

24/11/3

Approval of the Minutes of the Parish Council meetings – LGA 1972, Schedule 12, para 41(2):

Meeting held on 14th October 2024

Resolved 24/11/3.01

The minutes of the Parish Council meeting held on 14th October 2024 were adopted as a true statement and signed by the Chairman (JBo).

24/11/4

Councillor Vacancies

The Clerk confirmed that an application had been received from Clive Last. Cllr. Collier asked Mr Last to say a few words about himself; Mr Last mentioned he is a businessman and is the Director of Class Holdings Ltd, as well as Troston Farms Ltd and Fornham Business Court. Cllr. P. Borrett proposed co-option of Clive Last, this was seconded by Cllr. Collier, a vote was taken that was unanimous in favour.

Resolved 24/11/4.01

Clive Last was co-opted as Councillor. Cllr. Last signed his Declaration of Acceptance of Office and this was countersigned by the Clerk.

The Clerk is to email a Register of Interests form and guidance along with a copy of the Good Councillor Guide, the Councils governing documents, Code of Conduct etc. to Cllr. Last after the meeting.

24/11/5

Local Authority Reports:

County & District Councillors:

Cllr. Hopfensperger (WSC/SCC) sent her apologies.

Cllr. Broughton (WSC) gave the following report for the District Council;

- There is currently a review of the Transport Plan and Cycleways.
- The Local Plan enquiry started last week and is expected to last another 5 weeks.
- The Overview and Scrutiny Committee is looking at a review of Enforcement with its aim to get Councillors more up to speed!

24/11/6

i)

Planning (For consideration):

AMENDED DC/24/0538/FUL- two pickleball courts and two tennis courts. Location: All Saints Hotel, The Street, Fornham St Genevieve (Re-consultation)

Resolved 24/11/6.01

The Parish Council Objects to application DC/24/0538/FUL, we believe the application is still incomplete and does not offer any noise reduction schemes or mitigation in relation to site-specific percussive noise impacts.

We believe that the noise disturbance to neighbouring properties will be significant, and will have a detrimental effect on the lives of the people in Clay Hall Cottages and Birkdale Court and will cause a loss of rural amenity.

The noise from Pickleball is a percussive noise and is therefore likely to be more unbearable to humans and wildlife, it will have a negative impact on the well-being of the humans and wildlife in the area and upon the natural environment.

We are aware that residents in Clay Hall Cottages have raised their own concerns and objections and the Parish Council supports these comments wholeheartedly, we also agree that there is scope for the courts to be moved closer to the hotel and away from the neighbouring boundary.

ii)

AMENDED DC/24/0614/FUL - partial change of use of golf course to site six timber pods. Location: All Saints Hotel, The Street, Fornham St Genevieve (Re-consultation)

Resolved 24/11/6.01

The Parish Council offers 'No Objections' to application DC?24/0614/FUL.

iii)

AMENDED DC/24/1072/VAR - Variation of condition 2 of DC/17/0521/FUL to allow for use of amended plans for municipal operational hub comprising waste transfer station, household waste recycling centre (including reuse building), fleet depot (including offices), public realm maintenance depot and associated infrastructure including accesses, paths, internal roads and paths, parking, weighbridges, and landscaping. To make minor design changes to the Waste Transfer Station (WTS) to enable the separate handling of food waste. To insert additional drawings to be listed under condition 2 (approved plans) to include 'Dimension Plan ref: 16-0645-CDP-DR-02-XX-A-4007 C7' and Dimension Plan ref: 16-0645-CDP-DR-02-XX-A-4007 C7'. Location: Land North of Hollow Road Farm, Bury Road, Fornham St Martin (Re-consultation)

Resolved 24/11/6.03

The Parish Council offers No Objections or comments on application DC/24/1072/VAR.

iv)

(For information only):

AP/24/0034/STAND – (DC/24/0433/FUL) - create a maintenance access into All Saints Golf and Country Club off The Street, Fornham St. Genevieve. LOCATION: Access To All Saints Hotel, Land Off The Street, Fornham All Saints – *Pending decision!*

v)

DC/24/1211/HH - a. single storey front extension, b. conversion of garage to habitable room. Location: Oak House, Barton Hill, Fornham St Martin – *Approved 30.10.2024!*

vi)

DC/24/1123/FUL - reinstatement of 10-metre-high golf ball safety nets to the rear of 23-29 Pigeon Lane on the golf course side of existing tree belt. Location: All Saints Hotel, The Street, Fornham St Genevieve – *Pending decision!*

vii)

DC/24/1091/FUL - parking area for 15no. cars. Location: All Saints Hotel, The Street, Fornham St Genevieve – *Pending decision!*

viii)

DC/20/0496/FUL - 68 lodges with parking, landscaping, waste and recycling areas and construction compound/maintenance area. Location: St Genevieve Lakes, Road from Bury Road to B1106, Timworth – *Pending Decision!*

ix)

Update on the FOI request RE: Enforcement data from WSC

The Clerk circulated the data received from WSC regarding the Council's FOI request, she presented the data to the meeting and to Cllr. Broughton (WSC). It was discussed and agreed that the data was totally inadequate and was in fact an insult! There was no clarification or details of any enforcement actions taken, many only stated 'Closure – not expedient to pursue'. Many of the trees/TPO's enforcement cases were recorded as 'No Breach', when we have clearly provided evidence & proof to the enforcement team. Cllr. Broughton reiterated that the Overview & Scrutiny Committee are looking into the adequacy of the Enforcement at WSC, she suggested that the Clerk forward the committee's minutes from the 07.11.2024 to the PC members for their information.

24/11/7

i)

Highways/Footpaths & Trees:

Update on Old Thetford Road footpaths Maintenance and adoption by PROW

The Clerk reported that there is currently no update on the adoption of the footpaths.

- ii) **Update on works date for White lining/hatching outside the Woolpack pub**
The Clerk reported that there is currently no update. The Clerk is to follow up with Cllr. Hopfensperger.
- iii) **Update on Signage/lining Scheme on B1106 towards Culford/West Stow Road**
The Clerk reported that there is currently no update. The Clerk is to follow up with Cllr. Hopfensperger.
- iv) **Footways Overgrown vegetation reports update (Ref: 00480632, 00493327 & 00493256).**
The Clerk reported that there is currently no update. The Clerk is to follow up with Cllr. Hopfensperger.
- v) **Damaged wooden fence next to pedestrian exit Oak Close by the Green Update (Ref:00491051)**
The Clerk reported that there is currently no update. The Clerk is to follow up with Cllr. Hopfensperger and the Open Spaces Team.
- vi) **Overgrown trees next to the Lark Valley footpath update**
The Clerk reported that there is currently no update. The Clerk is to follow up with Cllr. Hopfensperger and WSC.
- vii) **Overgrown vegetation on traffic islands/kerbs, bus stop Barton Hill & visibility of 30mph roundels in The Street - Quotes**
The Clerk presented quotes for the works needed to overgrown vegetation and weeds etc. in the villages. It was agreed that the Clerk would report to Highways online the overgrown vegetation on the footpath from the bottom of Barton Hill to the first bridge, before accepting any quotes for these works, as Highways have not yet been advised of the problem.

Resolved 24/11/7.01

It was agreed to accept the quote from Steve Moore – Garden Tyme for the following items;

- 1/. Cut back vegetation at Barton Hill bus stop, so cars can see traffic coming around the corner, and some hedging along footpath by bus stop. £100-
- 2/. Cut back vegetation by the 30mph roundel signs in the Street before the church. £60-
- 3/. Remove weeds/moss from the three traffic islands on the roundabout. £40-
- 4/. Strim the grass/weeds from the kerbs in the street from before Lark Valley Dr to the roundabout. £30-

Resolved 24/11/7.02

It was agreed to accept the quote from Tilbrook's Landscapes Ltd for the following item;

- 1/. Strim the nettles by the 5-bar gate at the playing field and also from the entrance gate (RHS The Street) up to Bleak House. £71.44-

The Clerk is to submit the application to Highways for permission for us to carry out the works via our own contractors.

24/11/8

i)

Parish Matters.

Weekly & Monthly H&S Inspection Reports Trim Trail & Play Area / Agree Rota

The Clerk was asked to request that Tilbrook's address the issues at the wooden trim trail in the playing field and clear away the fungi (mushrooms) from the barked areas and also clean the algae build up from the wooden equipment.

The Clerk was asked to enquire if David Randall uses the compost bin at the playing field, as there are concerns that it is not being used and is just full up with large branches.

The Clerk is to look at quotes for repairs to the play area and trim trail in the New Year.

Cllr. Butler (PBu) agreed to do the weekly inspections until the January meeting.

ii) **Dog Fouling Signage Update**

The Clerk managed to get some Dig Fouling signs FOC and these are to be installed at both locations that were identified as a problem recently.

iii) **BMW garage – Discuss Traffic obstruction/obstructing the footway due to deliveries**

It was discussed that lorries are loading/unloading on the verges and obstructing traffic and the footpath on both sides of the road, it is thought this is due to parked cars in the service road, so lorries can't get in and turn around. There is a previous agreement in place that this should not happen, but since new ownership this has been ignored. The Clerk was asked to write to the BMW Garage owners and refer to the previous agreement and ask if this cannot happen going forward.

iv) **Discuss Business advertising boards (Meadow View, top of Old Hall Lane)**

The Clerk advised that she had received complaints that businesses were advertising using boards on verges at Meadow View (top of Old Hall Lane), she advised she would report it to the appropriate department at WSC.

v) **Touring Caravan Complaint Update – Gleneagles Close**

The Clerk advised that Enforcement at WSC had provided the following advice;
'Investigations have been carried out and from the information before me at this time, the use of the caravan is incidental to the enjoyment of the host dwelling; permission would not be required for the placement of the caravan. Therefore, no breach of planning control has been identified at this time. The complaint also mentioned Covenant issues with the placement of a caravan and the storage of gas bottles within the caravan, neither of these elements are planning related, rather civil matters. Therefore, at this time and with the information before me, this enforcement case will be closed with no further action recommended.'

It was agreed that no further action could be taken by the PC and that neighbours should try to approach the owner first to reach a compromise, alternatively neighbours could look into civil action.

vi) **Agree Grass Cutting Quotation from WSC for the King George Playing Field 2025-26
Resolved 24/11/8.01**

It was agreed to accept the quote from WSC for the grass cutting at the playing field, for 2025-26, for a total of £1,567.76 + VAT

vii) **Bugle Distributor Update**

The Clerk has confirmed that Donna & Laurie Pott wish to take on the roll and it was agreed that Mathew Kelmsley would be a back-up. The Clerk is to arrange for Donna & Laurie to have training with Peter Forster on the next edition, in the hope that they can then take over the role for the Feb/March edition.

24/11/9

Correspondence:

The Clerk advised the following update received from the Village Hall Committee; *'We are trialling an increase in the thermostat rather than turn on more than two heaters. We have had some complaints regarding a cold hall mainly from those that are sitting there for several hours. We have also had some damage again to the blinds, the new one this time, but this has been able to be fixed. Importantly someone has pulled the alarm cord out of the ceiling in the Accessible toilet; we have requested a visit from the electrician as we are unable to repair it ourselves. We have made an application to Solar Together Suffolk; the committee members are considering this and the PC may want to debate the merits of solar energy at the hall and possible funding that may be required.'*

24/11/10

Finance & Policies:

i) New Lloyds bank account update

The Clerk confirmed the new Lloyds account is now set up and the Bank of Ireland account is now closed with all funds been transferred to the new Lloyds account. The Clerk will now get the mandate amended to add Cllr. Rushman and Cllr. Last as signatories as well.

ii) Parish Council Bank Reconciliation from list of payments/receipts

Resolved 24/11/10.01

The bank balances and reconciliation of payments and receipts were received and adopted and initialled & signed as such by the Chairman (JBo). The bank account balance as of the 11th November 2024 is £31,612.14

iii) Payment Schedule for approval and to authorise payment of outstanding invoices

The payment schedule for outstanding invoices was checked and signed by two signatories; Cllr. M. Collier & Cllr. P. Borrett.

Resolved 24/11/10.02

Payee	Details	Invoice number	Payment Option	Total	Power to pay*
Mrs V Bright	Expenses & Mileage	-	BACS	£31.93	3
CHT	Defibrillator Annual Support fee	23484	BACS	£151.20	2
	Bugle distribution costs	94	BACS	£15.80	8
Mr M Collier	Signage play area	4169	BACS	£70.00	14
Mrs D Pott	Litter Pickers	00010/24	BACS	£145.09	9

***Power to pay**

1.	Local Government Act 1972 S.112
2.	Local Government Act 1972 s.137
3.	Local Government Act 1972 S.111
4.	Local Government Act 1972 S.133
5.	Small Holdings and Allotments Act 1908 ss.23,25
6.	Public Health Act 1875 s.164
7.	Public Health Act 1980 ss.43, 50

8.	Local Government Act 1972 S.142
9.	Litter Act 1983 ss. 5,6
10.	Post Office Act 1953, s.51;
11.	Highways Act 1980, section 274A
12.	Charities Act 1993, section 79
13.	Public Health Act 1936, section 87
14.	Open Spaces Act 1906, subsections 9, 10

iv)

Discuss & Agree Staff/Volunteers Christmas Gifts

Resolved 24/11/10.03

The Following was agreed for the Staff/Volunteers Christmas Bonus/Gifts;

Paid staff:

Clerk = £0

Donna & Laurie Pott, Litter Pickers (now also Bugle Distribution!) = £100

Peter Forster, Bugle Distribution Overseer = £50

Bugle Compiler (now Justin Hook) = £25

Volunteers:

David Randall, Planting etc. = £50

Matthew Kelmsley, VAS = £50

Brandon Mahon, Defibrillator = £50

Simon Loughe, Defibrillator = £50

v)

Agree the Clerks COL Salary Increase in-line with the NJC Pay Award 2024-25

Resolved 24/11/10.04

It was agreed to approve the Clerks cost of living pay-rise in line with the annual NJC Pay Scales increase for 24/25, from £18.10 per hour to £18.72 per hour (SCP 26), and to approve that it be backdated to 1st April 2024.

24/11/11

Councillors Reports and Items for Future Agenda's

Cllr. Rushman requested that the Clerk send a thank you letter to Adrian Frost for his hard work and time cleaning the sign at the FSG roundabout towards the Hotel.

The Clerk was asked to put a piece in the Bugle regarding the Defibrillator cPAD and what to do in a case of suspected cardiac arrest.

Date of Next Meeting: Monday 13th January 2025 at 7:30pm, in the Fornham St Martin Village Hall.

Meeting closed at 9:43pm

Signed:

Date:

Help your local NHS and Social Care Services help others by returning equipment.

Local NHS and Social Care Services lose thousands of pounds each year due to missing equipment. All items returned will be assessed, safety tested and either repaired and reused or stripped down for recycling.

Look for equipment label

Contact Medequip to request a free collection:

Call **01473 351805**

Email **suffolk@medequip-uk.com**



What might you have?

- Adjustable walking sticks
- Crutches
- Chair raisers
- Commodes
- Bed levers
- Wheeled adjustable frames
- Perching stools
- Raised toilet seats
- Pressure cushions
- Toilet frames
- Trolleys

If you would prefer to return equipment to Medequip yourself, you can bring it to:

Medequip Ipswich Depot:
Unit 31-33, Bluestem Road
Ransomes Europark
Ipswich
IP3 9RR

Opening hours:
Monday to Friday 8:00am - 6:00pm
Saturday 10:00am - 4:00pm

To find your nearest drop off point, please visit:
mq-uk.com/return-suffolk



Over 90% of returned equipment recycled nationwide.



Keeping people independent

Come on Georgie!

Hi there!

I'm Georgie Fairweather from Fulford Close, Fornham St Martin. This April, I'll be lacing up my trainers and taking on my first (and most likely last!) London Marathon.

When I started training back in June, I was a complete beginner who rarely exercised. It has been a big learning curve, but I am taking it step by step. My goal is not to set any records. It is simply to cross the finish line and prove to myself that I can do it.



I'm running to support Mind UK, a charity close to my heart. Mental health impacts so many lives, with 1 in 4 people facing challenges each year, yet finding the right support can be difficult. Mind offers vital services, from helpline support to their online community. I've pledged to raise £2,200 to help them continue their incredible work.

The running itself is undoubtedly challenging, but it's not the toughest part. I was naive to think it was simply about putting one foot in front of the other. What I didn't anticipate was how much more there is to manage, such as staying motivated, avoiding injuries, and learning how to fuel my body. Add in the challenge of fundraising, and it's been quite the journey already.



If anyone can help, whether it's through a donation, cheering me on, or sharing my story, it would mean the world to me. You can find my fundraising link here:

<http://bit.ly/4f2j7mB>

or scan the QR code to the left.

Thank you for supporting me and Mind UK.

On marathon day, I'll proudly represent Fornham St Martin on the streets of London, one determined (and very nervous!) step at a time.

See you at the finish line!

– Georgie Fairweather

We'd love to hear from you!

Would you like to publish a piece in The Bugle newsletter?

A poem, a short story, an article on something you find interesting or a hobby you enjoy doing, a community event or project, a recipe?

Please contact buglenewsletter@gmail.com

Mobile Library

Dates & Times for 2025:

January 28th
February 25th
March 25th
April 22nd
May 20th
June 17th
July 15th
August 12th
September 9th
October 7th
November 4th
December 2nd
December 30th

Lark Valley Drive
12:00 – 12:30pm

For more information, visit the Suffolk Libraries website:

www.suffolklibraries.co.uk




FULLERS MILL
one of Perennial's gardens
Bury St Edmunds, Suffolk, IP28 6HD

Join our team

Would you like to volunteer in a beautiful setting of an amazing garden, meeting and greeting our wonderful customers, serving teas, coffees, cakes and gift shops items?

If so, please consider joining the Perennial family at Fullers Mill Garden.

For further details, please email
fullersmillgarden@perennial.org.uk or call 01284 728888



Perennial is an amazing charity that supports people working in horticulture when times get tough. If you would like to help and support us to continue this wonderful work, we would love to hear from you.

Registered in England & Wales no: 8828584. Charity no: 1155156. Registered in Scotland, Charity no: SC040180. VAT no. 9912541 09. Gardeners' Royal Benevolent Society (trading as Perennial) is authorised and regulated by the Financial



Fornham Garden Club - Hedgehogs

Lynda Brignall originally trained as a midwife but her interest with hedgehogs started when she found an injured hedgehog and took it to the Hedgehog Hospital run by a lady called Sue at Ousden. Sue started doing this in her home but then purchased 27 acres of land with the hope of opening a wildlife sanctuary. She now has around 100 hedgehogs which are spread around several helpers throughout the area.

Hedgehogs are now classed as vulnerable to extinction. In the 1950's there were about 50 million but in 2022 there were only about 500,000. They survive in both urban and rural locations, dislike rain and wet areas, can walk up to 2 miles a night and are non-aggressive calm creatures. They are nocturnal, have a great sense of smell but poor eyesight. Their lifespan is 2-5 years, but are solitary and do not mate for life. Adult males are called boars and adult females are sows. There are different colours - dark brown, albino, blonde and black. Babies are called urchins or hoglets and leave the nest at about 8 weeks old. Hedgehogs have a vast vocabulary with all sounds having specific meanings.

Their diet contains beetles, earthworms and caterpillars, but they will eat roadkill, birds eggs, apples and suet balls. They are lactose intolerant and should not be given bread or mealworms. Hedgehogs hibernate where their breathing slows to one breath every few minutes and should always be left alone, especially if disturbed with their babies, as they may eat the babies if scared.

It is advisable to never handle a hedgehog without gloves as there are diseases and external parasites present. If you find an injured hedgehog please call the Hedgehog Hospital or a vet who would contact for you. Please be careful using mowers and strimmers to avoid injuries.

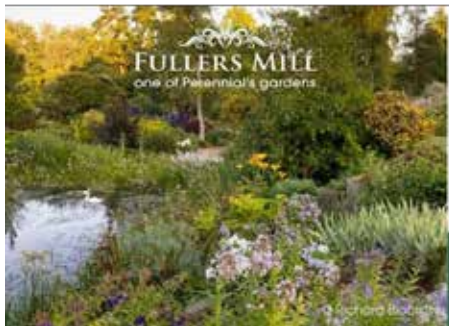
Fornham Garden Club meets the second Tuesday of each month at Fornham All Saints Community Centre from 7pm for 7.30.

For more information please contact Chairman Ian Robertson on either 07876 644611 or ijfrob@gmail.com

DID YOU KNOW THAT THERE'S FUNDING AVAILABLE FROM WEST SUFFOLK COUNCIL'S LOCALITY BUDGET FOR COMMUNITY GROUPS?

IF YOU RUN, OR ARE PART OF A COMMUNITY GROUP IN THE VILLAGE THEN YOU MAY BE ELIGIBLE FOR A GRANT

CONTACT THE PARISH CLERK FOR MORE INFORMATION OR TO PUT YOUR GROUP FORWARD



Café Assistant Vacancy (Part time)

To assist with the smooth running of our Café / Gift shop and entrance at our beautiful show gardens at Fullers Mill. This is a customer facing role, undertaking tasks, including: Visitor admission, serving refreshments, using POS tills, handling cash, replenishing stock and assisting volunteers.

Weds / Fri / Sat & Sun
Hours – 10am-5.30pm
April - October

For full job description and an application form please email: fullersmillgarden@perennial.org.uk or call 01284 728888

Insulation Offer for Suffolk Homes

50% off eco-friendly insulation for Suffolk residents



Anyone in Suffolk can receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

Go to www.bit.ly/suffolkloft and fill in the short form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203. The offer is open to anyone in Suffolk and will close once the allocated funding has been spent.

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available.

The Suffolk Climate Change Partnership (Suffolk County Council, Babergh & Mid Suffolk District Councils, East Suffolk Council, Ipswich Borough Council and West Suffolk Council) has teamed up with High Loft to help Suffolk residents make their homes warmer and save money on their energy bills.

High Loft also offers Klarna as a payment option, allowing you to spread the cost of your insulation purchase.

To find out more visit www.greensuffolk.org/at-home/funding.

A Winter Scene

By Kenneth Byrom

A leaf long dead lies glued to the frosty earth fluttering in the chill wind like a moth on a light bulb

Naked trees stand colourless and forlorn

A stray dog tests the ice on a shallow pond shaking its paw after each wary step

On the far side of the pond by an area of broken ice a mother and her child feed pieces of bread to a noisy group of mallards

Along the path behind them a couple stroll arm in arm wrapped up against the cold while on the back of an old bench a robin settles and takes in the scene then flies off again as they approach

Snow begins to fall heavily from a slate grey sky and the earth very soon is dressed in its winter coat



Photo by Pauline Bernfeld on Unsplash

Fornham St Martin Ladies Club

By Gill Allen

The Fornham Ladies Group met on 15th January 2025 at the FSM village Hall.

The speaker for this month was Robin Howe, previously a magistrate in Suffolk for 30 years leaving the bench in 2017. Robin has over 30 years' experience working for the local authority and 10 years for Community Mental Health Services. Robin always had an interest in the criminal justice system and was asked to provide four references and undertake a detailed recruitment process which took 18 months in order to become a magistrate. The role is voluntary with no remuneration apart from expenses.

When Robin was appointed there were a number of Courts throughout Suffolk these have now closed and Ipswich is the only one left in operation. Magistrates Courts deal with all criminal cases in the first instance unless the defendant elects for Crown Court or the bench deems that they are unable to serve a high enough sentence for the crime committed. Ninety percent of all criminal cases are heard in a magistrate's court and Robin has sat in a number of courts for example Family Court, Appeals Court and Traffic Offences. The bench consists of three members who are assisted by a legal advisor. Sentencing can be delayed if waiting for probation reports. In order to convict, the bench must be sure the defendant is guilty beyond reasonable doubt. In the majority of cases the defender pleads guilty. The sentence is discounted for a timely plea and the need for witnesses is not required. Bail can be one of the most challenging decisions and the bench must give a reason if they deny bail for example will the defendant return to court, commit further offences or interfere with witnesses. Magistrates Courts can grant search warrants and the extension of custody time when requested by the Police. Waiting times currently for a case to come to Court is 2028 due to a lack of Courts and Judges.

In Robin's experience the use of Community payback is a success and often offenders end up doing more work than is needed and engage well with it. When setting a fine for an offender you need to be mindful, does that person have the ability to pay the fine? England currently jails more people pro-rata than other countries in Europe.

It was a very interesting talk with several funny anecdotes included and a lively discussion. Robin was thanked for giving the talk.

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Village Hall Diary

Activity	Date	Times
Chain Reaction (textiles) Hilary Belchak h.belchak@btinternet.com	Second Monday	10:00am - 1:00pm
Jazz Club Keith: 01284 761690	Third Monday	1:30pm - 4:00pm
The Avenue Jordan: 07555 603340	Every Tuesday	10:00am - 4:00pm
Teaming Up Jordan: 07555 603340	Every Tuesday	6:00pm to 9:00pm
Stitch Group	First Wednesday	10:00am - 4:00pm
Ladies Club Rosemary: 07899 890815	Third Wednesday	7:00pm - 10:00pm
Mary's Quilters Mary: 01284 700101	Fourth Wednesday	10:00am - 4:00pm
Thursday Group	Every Thursday	10:00am - 3:00pm
Weavers	First Friday	10:00am - 4:00pm
Starz 2	Fourth & Fifth Friday	10:00am - 4:00pm
Whist chrisbird2370@gmail.com	Every Friday	7:00pm - 10:00pm

Party? Club Meeting? Exhibition?

If you would like to hire the Village Hall for your one-off or regular event, please contact:

Lynne Quelch

07752 061489 - fornhamhall@aol.com

or

Maureen Hockett, Committee Chair

07887 778353 - maureenl.hockett@aol.com

Thank You

Thank you to Peter Forster, who had for many years organised the distribution of The Bugle. Peter has now stepped down from this role and Laurie & Donna Pott have kindly agreed to take on the challenge.

Thank you, we appreciate you all!



Advertising

For advertising, or any article for inclusion in The Bugle, contact the Editor via email:

buglenewsletter@gmail.com

Delivery

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Please note

The deadline for articles to be included in the April - May issue of The Bugle is 20th March

Free February Half Term Activities from Explore Outdoor and Abbeycroft

January is almost over and we are taking bookings for February Half Term! These are all free sessions, aimed at those pupils receiving means tested free school meals.

Family Park Cooking - A great family day out including campfires, marshmallows and cooking a hearty lunch. Each family will also receive ingredients for a weeks' worth of meals to take home.

Adventure Days - Action Packed Adventure Day including a breakfast, lunch and snacks.

Swimming and Lunch - Free swimming and a lunch for families.

Soft Play and Lunch - Free Soft Play and a lunch for families (Kingfisher only)

Water Polo (Bury Only) - Free for ANY children living in Bury St Edmunds (IP32/IP33)

Everything else families need to know (including eligibility and booking) can be found on the website.

These sessions are extremely popular, spaces are limited and are allocated on a first come first served basis so act quickly to give your family the best chance of participating.

To book visit: www.abbeycroft.org.uk/HAF

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Call 01284 757495 (leave a name and number for a call back)

Church News

By David Yates

The joys of Christmas seem a long time ago, but fond memories linger of welcoming over 100 to fill the church on Christmas Eve for the Crib Service, and especially seeing some 40 young children join in the placing of the nativity figures in the stable as a crib.

The £235 collection was donated to EACH childrens hospice. With thanks to Revd Ali and Scarlett for arranging and managing everything, including everyone being invited to place a small star on and around the crib, so no-one was left out. The church looked beautiful and welcoming with the lit-up Christmas tree and the windows decorated with holly interspersed with some 50 candles, with everyone bid welcome by the delightful ringing of our newly restored bells, ringing out a peal over the village with thanks to Neal and the ringers. We then had the Eucharist service on Christmas Day at 10am.

With the Lark Valley Magazine now bi-monthly, the next one will be for April – May. Thanks to all those who have let me have the £6 annual subscription, and I look forward to receiving the remainders.

Similarly, for all those members, that's 100, in the Hundred Club, with their £15 annual subscriptions so that the £60 monthly prizes can be paid out.!

The first Book Sale Coffee and Cakes this year is on 15th February. We look forward to seeing everyone, maybe to restock after finished enjoying their Christmas reading. As well as to enjoy some light refreshments over coffee and chat with friends, or make some new ones, possibly new neighbours even!

The Guild of Ringers are now looking to form a band of ringers

at FSM, and we would love to hear from anyone interested in starting the necessary training, and get in tune!

Now that all the hard work has been done by Nicholson Engineering and the Guild of Ringers volunteers, ably assisted by our very own Ged Foster, some redecoration of the lower tower is to be carried out, with some lighting, and with all the steel now at the top of the tower, a lightning conductor will be installed.

The 100 Club winners in January were:

1st	£30	Elaine Bonney	no. 53
2nd	£20	Melvyn Jocelyn	no. 89
3rd	£10	Rob Snazell	no. 48

In February will be:

1st	£30	Bob Hope	no. 95
2nd	£20	Brandon Mahon	no. 14
3rd	£10	Rod Cooledge	no. 10

And in March will be:

1st	£30	John Borritt	no. 9
2nd	£20	Rob Snazell	no. 48
3rd	£10	Andrew Dorling	no. 31

Thanks to them, and everyone in the club for supporting the church in this way.

Now we have to look ahead 2 months with these articles, I simply draw to your attention St Valentines Day on 14th February, my namesake St David's Day on 1st March, Shrove Tuesday and Ash Wednesday on 4th and 5th March, and finally Mothering Sunday on 30th March with all the customs and habits that go with these days, as Spring approaches, with fine warm weather, hopefully, including for my holiday end of March.

Cold Feet

By Alan Leigh

I know a couple of people who swim in the North Sea year-round. I can't say I envy them, but I certainly admire their resilience. I discovered one winter beach walk, which went awry, that even a short barefoot wade through icy water is more than enough for pathetic old me. In contrast, our familiar birds manage to carry on regardless, despite their featherless, spindly legs, seemingly immune to the cold. Their exposed undercarriages don't get the benefit of the birds' amazing feathery insulation system (see Bugle 137), so there's got to be something very clever going on.

The first clue to the answer flows from realising that the bit we can see isn't the leg - it's the bird's elongated featherless foot - and there aren't many muscles in it. The muscles that move the foot are mainly up in the feather-covered shin and thigh. By the way, this explains why birds appear to have knees that bend 'the wrong way' - their 'knee' is in fact the ankle. Like dogs and cats, nearly all birds walk on their toes, not their soles. Scientifically-speaking, birds are digitigrade; we (and the bird kingdom's rule-busting grebes, divers and penguins) are plantigrade. A system of long tendons connects the muscles in the cosy thigh to the bones of the foot, rather like the strings of a puppet... and tendons don't need a massive blood supply. Yet even a tip-toeing featherless foot still needs some blood.

The birds' trump card is a clever circulatory system called countercurrent exchange. In the toasty upper legs the arteries and veins are wrapped around each other, so the dangerously cold blood returning through the veins from the feet gets re-warmed by the hot blood in the arteries. Even cleverer, many birds have valves that can re-route the blood flow through the system of arteries and veins, according to demand. In this way they can restrict the blood supply to the foot to the bare minimum, cleverly reducing heat loss by more than 90%. So while a gull's thigh temperature is maintained in the high

30°Cs, the foot may be only just above freezing. Ingeniously, if a bird needs to avoid overheating, it can reverse the process. Dangerously hot blood can be sent on a trip through the featherless feet to cool down. It's not just gulls that can do this but also nearly all water birds, as well as some of our garden friends.

From a human perspective, you'd think that nearly-frozen feet would be useless. But as long as the bird can keep its feet from freezing solid those warm muscles can still pull the strings and move the foot bones. And it can keep the nerves in the leg just warm enough to continue transmitting sensations, such as that of toes touching a branch - something that stimulates the all-important bird's perching reflex.

When the feet of a 'passerine' (perching bird) sense a branch, this grip reflex is triggered. As it settles, the weight of the bird flexes the knee and ankle joints, thus tensioning the tendons that control the feet. Automatically, the toes are curled tightly around the perch so that, even when the bird goes to sleep, its weight is enough to maintain a sure grip. Even cleverer is that in some birds the tendons and bones have evolved to have rough surfaces that engage like the teeth of a ratchet, locking the joint into place. Once perched like this the bird doesn't even have to think about it. It's all done automatically.

I told you there's something clever going on!

Alan

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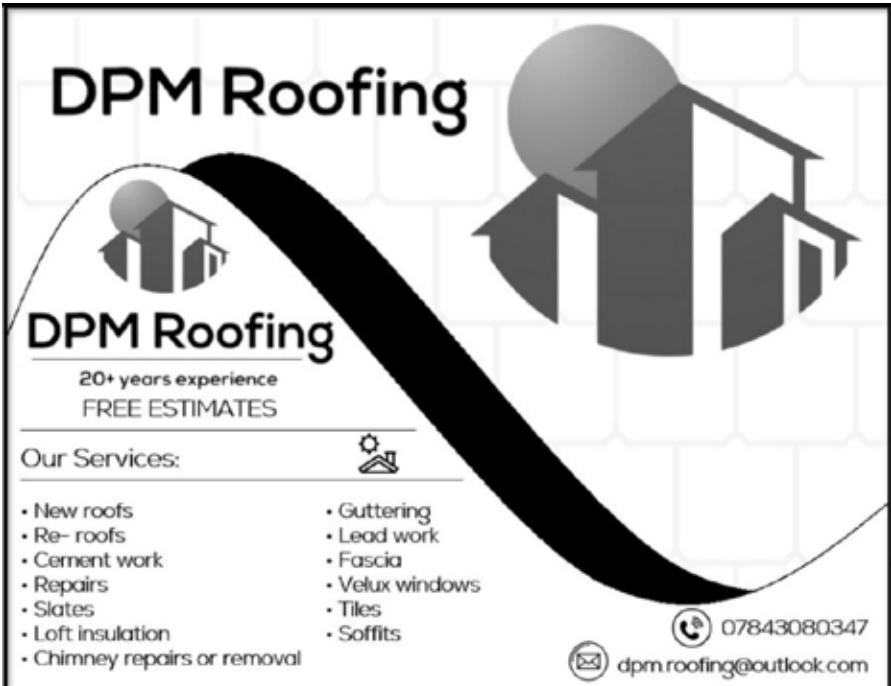
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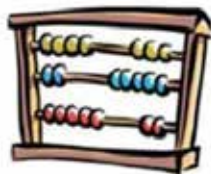


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When publishing articles sent in by members of the public, we wish to make clear that in no way does it mean that The Bugle agrees or concurs with any views or opinions expressed therein.

The Parish Council on behalf of all parishioners would like to acknowledge with thanks and appreciation, the work carried out by the volunteers who organise and distribute The Bugle.

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Organisation	Details	Phone No.	Comments
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